



Y our L ife B alance Portfolio: A chieving Stability in a S tressful World

W hen did you get into the Main Street Stress Market? You know this place - it's like the Wall Street Stock Market: crazy, chaotic, a lot to be instantly gained or lost. You may feel your life is being lived out on the Main Street Stress Market "trading floor" - shouting to be heard, struggling for a place to stand, and vulnerable to the slightest changes. Stock market investors make it big, not by fighting it out on the trading floor but by assembling balanced portfolios geared to the long term... portfolios that withstand market whims. So get off the trading floor and become an investor; assemble

your own balanced portfolio for life.

A financial adviser may suggest your portfolio contain stocks, bonds, mutual funds, precious metals - even beanie babies! ("If the beanie baby market takes a bad hit, you have your other investments to carry you.)

A life adviser would suggest your portfolio have physical, mental, emotional, and social "investments." That way, if you sprain your ankle and can't go for your daily walk, the healthy stability you've built up in other areas will support you through this setback and speed your recovery.

One of the great things about life balance investments is there is no minimum; you don't have to save up enough to "buy" a certain number of shares or open an account. You can start investing now, this very second! What's an investment? Put that donut back in the box, drink a glass of water, closely examine a flower's structure, give your kid a big hug, laugh, touch your spouse and say "I love you." These may seem small, almost insignificant, but if you deposit daily to your personal physical, mental, emotional, and social accounts it adds up - just like dropping your change in a jar everyday. You don't need to limit yourself to small investments, either. With a little planning and dedication you can make larger deposits in your personal life balance portfolio. Exercising regularly, eating more fruits and vegetables, attending special interest lectures, clearing out cluttered closets, going camping with friends and family... all these are larger investments.

The point is to make conscious choices to engage in healthy activities - *before* the stress

hits. Spread your efforts around to your physical, mental, emotional, and social accounts. And be alert to neglected areas - you may decide you need to go to the park to read a book rather than jog, or contemplate your progress toward life goals instead of going out again. It's all up to you.

Once you begin to build up your life balance portfolio you'll find you have more reserve to weather the ups and downs. The payoff includes:

- ✓ Confidence that you can get through the challenges
- ✓ More energy, enthusiasm, optimism
- ✓ A higher sense of purpose and wellbeing
- ✓ Stamina to stave off minor ailments.

This internal balance will extend to your external commitments as well friends, family, work, and others.

As your balanced life portfolio grows, you'll feel like a million - with a wealth of support for physical, mental, emotional, and social stresses.

